

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.9
H755R

HOUSEHOLD CALEDNAR

LIBRARY
RECEIVED
★ AUG 10 1932 ★
U. S. Department of Agriculture

Canning the Summer Vegetables in the Steam Pressure Canner

An interview between Miss Ruth Van Deman and Miss Mabel C. Stienbarger, Bureau of Home Economics, delivered in the Department of Agriculture period of the National Farm and Home Hour, broadcast by a network of 48 associate NBC stations, Tuesday, August 9, 1932.

MISS VAN DEMAN: How do you do, Everybody:

Every day at the Bureau of Home Economics we receive 50 or more letters asking questions about home canning. This seems to be a big year for putting up the surplus from the home garden and the orchard. Miss Mabel Stienbarger is keeping close tab on home canning methods -- the reasons behind success and the causes of failure. So she is here with me today to tell you the best methods for Canning the Summer Vegetables.

MISS STIENBARGER: Miss Van Deman, I'd like to add 5 words to that title for our talk. I'd like to make it Canning the Summer Vegetables in the Steam Pressure Canner. For all the common summer vegetables, except tomatoes, need processing in the steam pressure canner. We've had lots of letters asking whether, under the circumstances this summer, we wouldn't send time tables for processing corn, and snap beans, and other nonacid vegetables in the boiling water bath. To every one of those requests we have answered "No". The steam pressure method for nonacid vegetables is based on bacteriological research. If this year it is more important than ever to put up foods for winter use because there's a scarcity of cash to buy commercial products, then isn't it equally important to use methods that will prevent spoilage and insure safe, fine-flavored products?

MISS VAN DEMAN: That certainly sounds to me like good economy, Miss Stienbarger. Now tell us if you will, just why you believe so strongly that corn, and beans, and practically all the vegetables except tomatoes need this processing in the steam pressure canner.

MISS STIENBARGER: Yes, I'm glad to. Beans and corn and most other vegetables contain very little acid, they have a firm texture, and some are very starchy in the bargain. Therefore, heat does not penetrate these nonacid vegetables rapidly and some of the more troublesome bacteria in them are very difficult to destroy in a reasonable time, unless a temperature higher than that of boiling water is used for the processing. A practical, convenient way to get a temperature higher than 212° F. is by holding steam under pressure in one of the cookers or canners manufactured for that purpose. So after repeated experiments in home canning backed up by bacteriological tests on the canned foods after storage, the Bureau of Home Economics recommends only the steam pressure method for the nonacid vegetables. Almost invariably when we get letters saying that so and so many jars of vegetables have spoiled and describing how they were put up, we'll find that they were not processed long enough at high enough temperature.

(over)

MISS VAN DEMAN: Now, Miss Stienbarger, I have a question about the use of glass jars and tin cans for home canning. Is the method the same for both?

MISS STIENBARGER: Yes, the method is the same in general. We recommend that home canners heat the vegetables in an open kettle and pack them boiling hot into the containers. Then seal tin cans immediately with the sealing machine that comes for the purpose. Seal glass jars only partially. Then immediately put the cans or jars packed with the hot food into the steam pressure canner for processing. There is just one other point of difference when the processing is over. A reliable bulletin on home canning will give it. In fact, every step in home canning the nonacid vegetables is so important that I advise you not to try it unless you have a reliable printed guide.

MISS VAN DEMAN: Yes, Miss Stienbarger, I think I've heard you remark that the flavor and the keeping quality of canned vegetables is greatly influenced by the freshness and quality of the raw foods.

MISS STIENBARGER: That's right. Canning doesn't improve the quality. You can't get first-class canned vegetables unless you have good ones at the start.

Now take corn for example. The ideal way to can sweet corn is within 2 hours after it is picked. For as soon as an ear of corn is broken from its stalk, the sugar in the kernels begins to turn to starch.

Then as soon as you shuck the corn, and remove the silk, cut the kernels from the cob. Weigh the cut corn, add half as much boiling water as you have corn, and heat quickly to boiling. Pack the hot corn into the containers ready for processing.

Again let me add a warning if you are using tin cans. Be sure to get the special C enamel tin cans for corn, and use none larger than No. 2 size. Corn is one of the hardest of all vegetables to process.

In fact, I think drying is oftentimes a better method of preserving sweet corn than canning. Dried sweet corn has a flavor all its own, and it takes up little storage space.

MISS VAN DEMAN: Yes, I agree with you heartily, Miss Stienbarger, about dried sweet corn. Thank you for bringing out all these important points about home methods.

By the way, if any one wants directions for drying corn, we can send them. Also, the Government has a bulletin on home canning vegetables and fruits. Free supplies of farmers' bulletins are very limited these days, but you can always buy a copy of this canning bulletin for 5 cents from the Superintendent of Documents, of the Government Printing Office. In ordering remember that the number of the canning bulletin is Farmers' Bulletin 1471.

Next week, Mrs. Yeatman will be here to talk about jelly making.

Goodbye for this time.